

CHILL OUT!

Feeling a little **STRESSED OUT**? When you feel anxious about homework, class work, a test, anything; try the following:

- Alpha Breathing
Count to 4, breathing in through your nose.
Hold for 4 counts.
Breathe out for 4 counts through your mouth.
Pause for 4 counts, then repeat several times.
- Affirmations
Read aloud or write positive statements several times, such as:
“YES, I CAN!” “LEARNING IS EASY!” “I’M AWESOME!”
- Visualization
Close your eyes...see yourself achieving your goal...believe that you can do anything you want...reach your goals by telling yourself that you are someone that can make things happen!
- Change Your Tape
You know how sometimes you hear a song you don’t like and you switch to a different one? Stop playing the track in your mind that says you can’t do it and switch to one that says you can. You are a person who can do hard things! If everything was easy, people would graduate after first grade!
- Relaxation
 - Lean back in your chair, feet flat on the floor, rest hands on lap. Begin by stretching your legs as far as you can...relax...then stretch your feet...relax...then tighten the muscles on your calves...relax, continue going up your body one muscle group at a time up to your face.
 - Scrunch your face as tight as you can, relax all the muscles, then repeat.
 - ZZZZZZZZZZ...Not just for sleeping! Say a word beginning with the letter Z as you breathe out holding the sound of the word until you are out of breath: ZEBRAAAAAA...ZIPERRRRRR... ZEROOOOOOOO...ZENNNNNNNNN...

RELAX!

